WHAT IS CLAIMED IS:

1. A functional cereal, wherein a melatonin content and/or a dietary fiber content is increased by germination in the pH range between 2 and 6.

2. The functional cereal of claim 1, wherein the melatonin content is increased by germinating any of seeds of brown rice, barley, wheat, beans or corn in pH range between 2 and 6.

3. The functional cereal of claim 1, which has physiological activity with melatonin and/or dietary fibers as active ingredient.

4. The functional cereal of claim 2, which has physiological activity with melatonin and/or dietary fibers as active ingredient.

5. The functional cereal of claim 1, wherein the melatonin content is 25 mg/100 g or more.

6. The functional cereal of claim 2, wherein the melatonin content is 25 mg/100 g or more.

7. The functional cereal of claim 1, in which either hulled

or dehulled seeds are used.

8. The functional cereal of claim 2, in which either hulled or dehulled seeds are used.

9. The functional cereal of claim 1, which has a function of reducing an odor of stool.

10. The functional cereal of claim 2, which has a function of reducing an odor of stool.

11. The functional cereal of claim 3, which has a function of reducing an odor of stool.

12. The functional cereal of claim 1, in which the germination is performed with a solution with an acidic buffer.

13. The functional cereal of claim 12, wherein the solution is an acidic buffer solution or an acid solution at a concentration of 10 mmol to 500 mmol with pH of 2 to 6.

14. The functional cereal of claim 12, in which the germination is performed at a temperature between 0 and 35°C for 3 to 24 hours.

15. The functional cereal of claim 12, in which the germination is performed in a sufficient amount of dissolved oxygen.

16. The functional cereal of claim 12, wherein the acidic buffer is a lactate buffer.

17. A process for producing functional a cereal of claim 1, in which the melatonin content and/or the dietary fiber content is increased by the germination in pH range between 2 and 6.

18. A processed food which is obtained by processing a functional cereal of claim 1, in which the melatonin content and/or the dietary fiber content is increased by the germination in pH range between 2 and 6.

19. A process for producing a germinated cereal, in which germination is conducted using melatonin as an index.

20. The process for producing a germinated cereal of claim 19, wherein the germinated cereal are any of the following : a seed of brown rice, a dehulled barley or wheat, a bean or a corn.